



## We CAN Change Lives Together

Dear Friend,

We believe transparency and communication with our valued supporters are of utmost importance, which is why I want to share with you the profound and lasting effects childhood food insecurity has on learning and development. These challenges are pervasive, affecting the lives of countless children and limiting their full potential.

**Did you know in Bexar County, a staggering 20% of children, equivalent to 100,000 precious kids, are facing food insecurity? These children do not know where their next meal will come from.**

Childhood food insecurity has a far-reaching impact on learning in the following ways:

1. **Nutritional Deficiencies:** Children who lack access to nutritious food face physical and cognitive developmental hurdles. Proper nutrition is essential for brain development and the ability to concentrate and learn effectively in the classroom.
2. **Cognitive Impairment:** Chronic hunger can lead to cognitive impairment, affecting a child's ability to grasp new concepts, retain information, and perform well academically.
3. **Health Issues:** Malnutrition resulting from food insecurity leads to health problems, frequent illness, and school absences, diminishing a child's educational experience.
4. **Behavioral and Emotional Challenges:** Hunger and food insecurity causes stress, anxiety, and behavioral problems, making it difficult for children to engage positively in school.
5. **Academic Performance:** Children affected by food insecurity regularly achieve lower test scores, higher rates of grade retention, and an increased likelihood of dropping out of school, limiting their long-term prospects.

6. **Attendance and Concentration:** Hungry children struggle with absenteeism and presenteeism, where they are physically present but unable to focus due to the distress caused by hunger.
7. **Social Isolation:** The stigma associated with food insecurity leads to social isolation, affecting self-esteem and the ability to connect with peers and teachers.

The impact of your support goes beyond providing weekend Snack Paks; it provides hope, dignity, and a pathway to a brighter future for countless young minds. We are incredibly grateful for your commitment to making a difference in the lives of these children. SP4KSA currently serves 3,000 children every weekend in 54 schools in Bexar County. As we continue our work, we hope to keep you informed of our progress and the tangible impact your support has on the children we serve. Together, we can change lives and empower the next generation. Thank you for your unwavering dedication to hungry kids in our community.

Warm regards,

Michelle Young Angulo  
Executive Director

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[Donate TODAY](#)

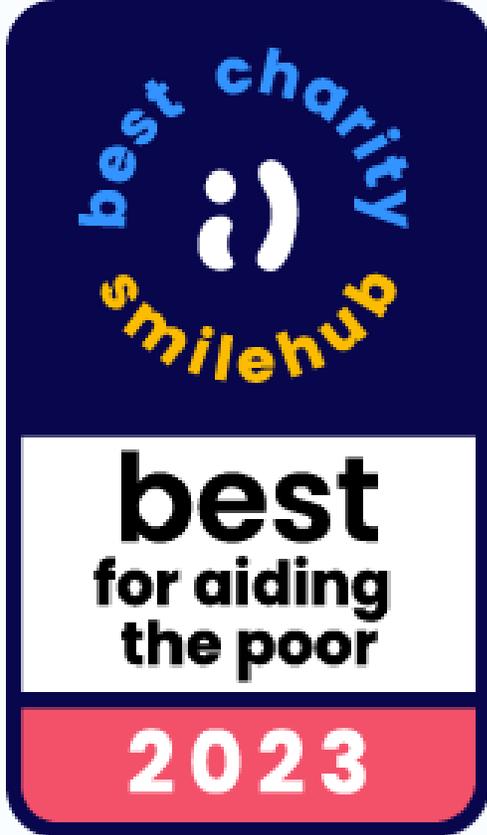
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## SP4KSA SPOTLIGHT



**Chris Madrid's  
Beacon of Love Award**

Thank you Brooke and Richard Peacock for recognizing Leslie



Kingman's profound impact on our community by honoring her with the Beacon of Love Award. We are overwhelmed by the generosity of these donors who helped raise \$34,500!

- First Presbyterian Church SA
- Cavender Auto Family
- The Hayne Family
- Jefferson Bank
- Zachry Group
- Metropolitan Contracting
- Labatt Food Service
- Mission Restaurant Supply
- Chris Madrids

Snack Pak 4 Kids San Antonio was recognized as one of the best charities for aiding the poor. SmileHub is a nonprofit tech company which uses data to rate charities. It provides resources making it easier for donors to find more information and maximize the impact of their donations.

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## VOLUNTEER

**November 6th: 6 - 7:30 pm**

**November 8th: 10 - 11:30 am**

**November 8th: 6 - 7:30 pm**

**December 4th: 6 - 7:30 pm**

**December 6th: 6 - 7:30 pm**

**Please email [jill@sp4ksa.org](mailto:jill@sp4ksa.org)  
if you can help with school deliveries:**

**October 24th: 8 - 11 am**

**November 14th: 8 - 11 am**

**December 12th: 8 - 11 am**

Volunteer Here



[sp4ksa.org](http://sp4ksa.org) (210) 809-4030

Snack Pak 4 Kids San Antonio | P. O. Box 6494, San Antonio, TX 78209

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